

**SGS Himalajalla, 8. – 20.6.2012**

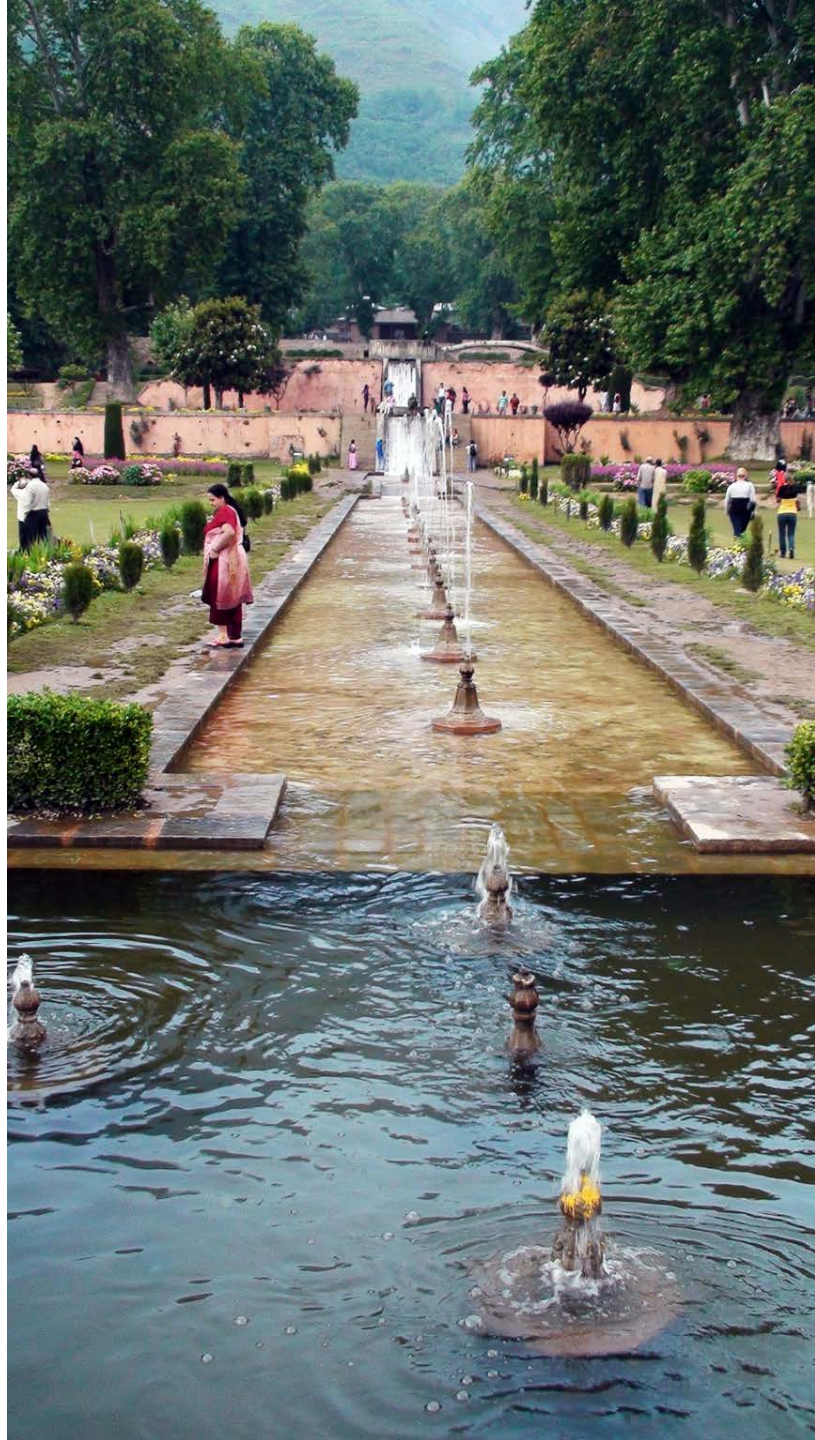
Erkki Luoma-aho







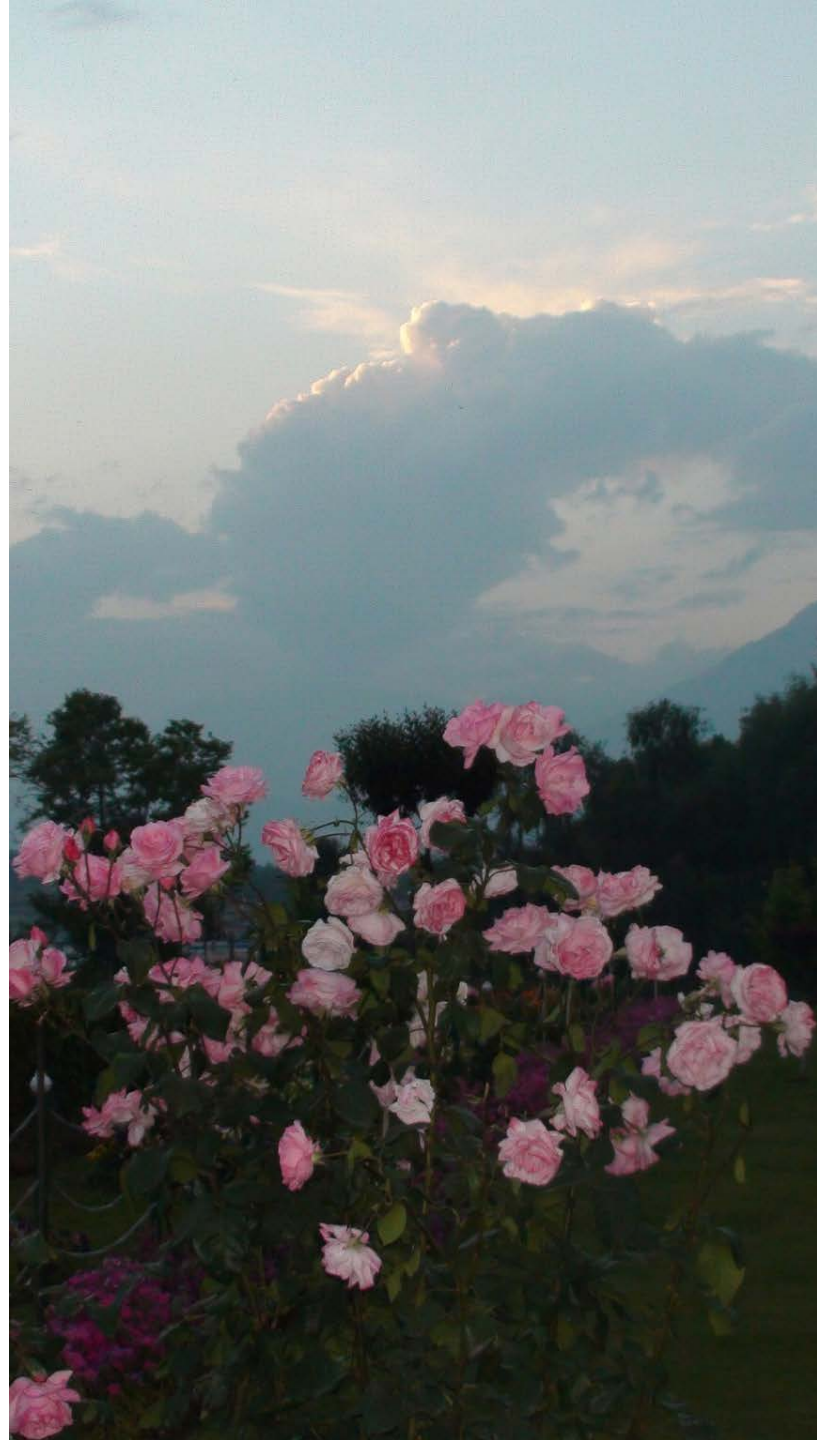


















































## THE SIACHEN GLACIER

SIACHEN WAS FIRST DISCOVERED BY AN ENGLISHMAN MR HENRY STARCHY IN 1848. EXTENDING NEARLY 75KM IN LENGTH, IT IS ONE OF THE MIGHTIEST GLACIERS IN THE SUBCONTINENT. TRANSLATED, 'SIACHEN' MEANS 'LAND OF ROSES' WILD ROSES BEING FOUND IN ABUNDANCE ALONG THE LOWER SLOPES IN SUMMERS.

THE SIACHEN GLACIER, WAS FIRST OCCUPIED BY THE ARMIES OF INDIA AND PAKISTAN IN 1984 AND HAS SINCE THEN STOOD WITNESS TO THE GRIT, PERSEVERANCE, AND VALOUR OF THE INDIAN SOLDIERS, WHO IN COMPLETE DEFIANCE OF THE FREEZING TEMPERATURES OF MINUS 70°C, RAGING BLIZZARDS AND EXTREME ALTITUDES OF 22000FT, STOICALLY BORNE THE VAGARIES IMPOSED BY NATURE.

OUR SALUTE TO THE GALLANT SOLDIERS OF THE SIACHEN BRIGADE, FOR WHOM  
GREAT COURAGE AND FORTITUDE IS THE NORM.

JAI HIND

## BENEFIT OF DRINKING BLACK TEA

IF YOU DRINK BLACK TEA REGULARLY, YOU WILL HAVE HEALTHY ARTERIES AND INCREASE YOUR BLOOD FLOW BECAUSE IT HAS ANTI OXIDANTS KNOWN AS FLAVONOIDS THAT ALSO GIVE THE TEA ITS RICH FLAVOUR. YOUR CHOLESTEROL LEVELS WILL ALSO DROP. YOU CAN PROTECT YOURSELF FROM CERTAIN CANCERS, DEVELOP STRONGER BONES, FRESHER BREATH AND FEWER CAVITIES.







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མོ་ལོ་ལྷོ་རྒྱ་རྒྱ













HOTEL  
RIMCO  
TIGER

VISITOR NOT ALLOWED  
IN THE MORN

































NO ARMY VEH

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सुमर-नुब्रा

Silk Route

SUMUR - NUBRA















































DILPASAND GROCERY STORE  
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LOAD CARRIER

































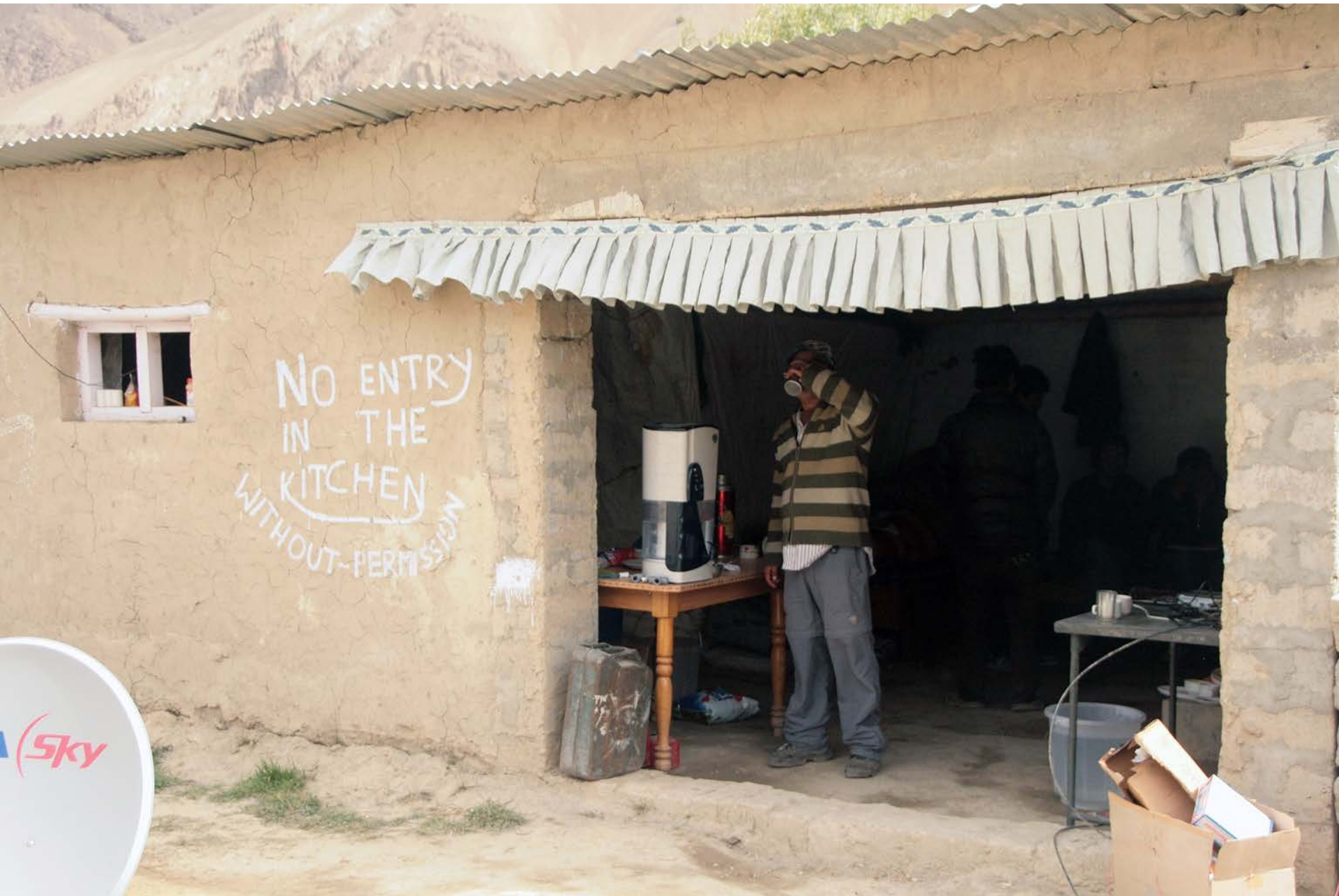












NO ENTRY  
IN THE  
KITCHEN  
WITHOUT PERMISSION



































































## LAMAYURU GONPA

"Yung-dung Thara Ling", Popularly known as Yuru Gonpa, belongs to the 'Bri-gung-pa (Digunpa) branch of the ka-syu-pa order. The Bri-gung-pa School is named after the monastery of Bri-gung in Tibet, which was founded by Skyoba Ji-s-ten. Gon-po (1143-1212). This order traces its origin back to two Indian Tantric masters, Tilopa & his disciple Naropa.

It is said that once the whole valley was under a lake's water; Nimagon, an Arhat prayed thus, "May a monastery be founded in this place". He offered votive water offerings (Chu-stor) to the Naga Serpent spirits of the water, & caused the lake's water to drain out. The grains of corn offered to the water spirits mysteriously grew into the shape of a Yung-dung (Swastika). When a monastery was later founded here it was called Yung-dung Gonpa.

In the late 10th century Naropa came to this place. The cave where Naropa meditated is inside the Du-khang. Rinchen Zangpo, the translator, built many temples & stupas and the teachings of Kadamra School came to flourish here. King Jamyang Namgyal offered it to Chogye Dorje, whom he had invited to Ladakh. The rituals & observance of the Digunpa Kasyu School were introduced, and the monastery got its new name of "Yung-dung Thara Ling" (place of freedom) as in the 16th century, the monastery was declared a holy site where even criminals could seek sanctuary.

Singke Sang, at the southern end of the rock is the most ancient part of the monastery. The principal image is that of Jamyang (God of wisdom), on his right is the blue Tara, and on his left is the yellow Tara. The figure above the Garuda is placed above the whole group of image.

In a side Chapel of the Singke Sang temple there are the images of Paldan Lhamo and Gonbo (Maha Kala). The library hall contains the stucco statues of Naropa, & other ka-syu-pa Lamas like Tilopa, Narpa & Milaraspa. The main image in this monastery is a well preserved Vairocana.

Yuru Kabgyat, the three-day annual festival of the monastery is held from the 2 to 29th of the Tibetan month.

Moorcroft in 1820, found Letters of Protection & exemption from forced labour & revenue taxes issued to the monastery by Mughal King Aurangzeb & even by one of the Balli Kings.

By Courtesy of Deptt. of Tourism Leh.











AHANDA









# Lamayuru Monastery

The Lama yuru "Yungdrung" Gompa is remarkably built on a rock, around 125 kms. west of Leh, on the Srinagar highway. Lama yuru belongs to the Drigungpa order of Tibetan Buddhism. The history of the monastery begins with the visit of Arahat Nimagung to this place, when there was merely a lake here. It is said Arahat made a Prophecy that a monastery will come up at this spot and he made offerings (prayers with grains of Corn) to the Nagaspirit Spirits. The Corn mixed with the earth and formed in the shape of Swastika (Yungdrung), later it came to be known as Yungdrung Monastery. The Great Translator Rinchen Zangpo constructed a temple here in eleventh Century.

Naropa also visited Lama yuru and Meditated here. Kadampa school of Tibetan Buddhism initially looked after Lama yuru, but later, it was taken over by Digungpa order. Its monastic festival is called "Yuru kabgyat," takes place on \_\_\_ and \_\_\_ month of the Tibetan Calendar.

## HOTEL NIRANJANA LAMA YURU LEH-LADAKH

The Niranjana Lama yuru is built on a rock, around 125 kms. west of Leh, on the Leh Srinagar highway. This hotel run by local youth and the hotel is run on the Commission basis.

The most of the income from the hotel is spent for the welfare of Gompa Society. The hotel can make arrangement for tours and trekking to ancient routes and visit to local houses, Cultural Programme on demand.

WE WISH YOU ALL HAPPY AND PEACEFUL AND PROSPEROUS LIFE AND GOOD LUCK TO YOU ALL

### PLACE OF INTEREST

- Naropa Cave. 11 Century
- Main Gompa Temple
- Avalokeshoraya Gompa.
- Singey Lakhang Gompa.
- Meditation Centre.
- Budma Sambava.
- Guru Rimpochey Cave Meditation.
- Atitsey Gompa (about 6 km. from Lama yuru)
- Gompa School
- Govt. High School
- MOONLAND CAVE
- Shepherd houses about (1-2 hours)



























































































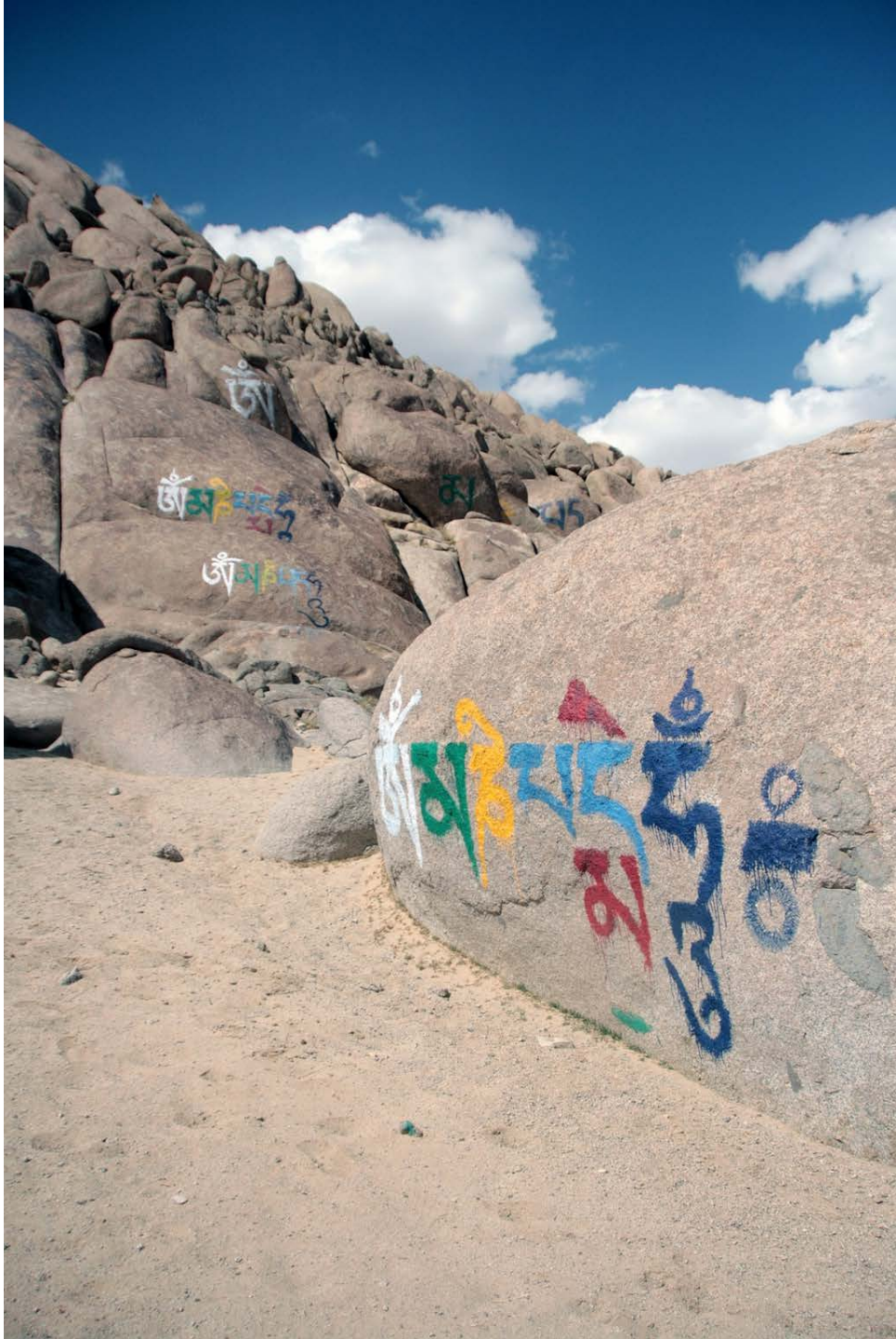




















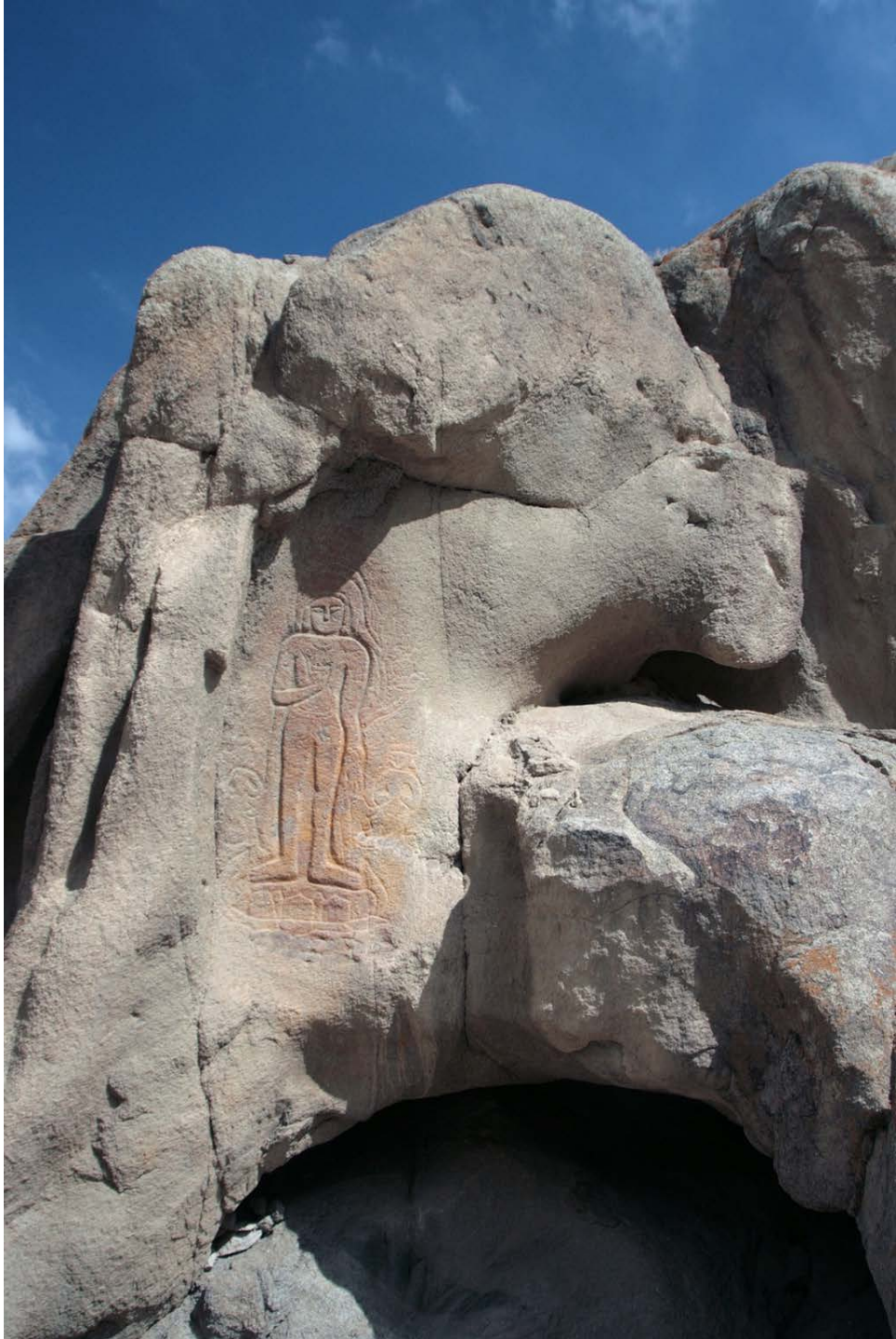














UNIVERSITY OF KASHMIR  
LEH CAMPUS  
FOUNDATION STONE LAID BY  
**Shri N.N. Vohra**  
*HIS EXCELLENCY GOVERNOR, J&K STATE & CHANCELLOR, UNIVERSITY OF KASHMIR*  
In presence of:  
*Jenab Omar Abdullah, Hon'ble Chief Minister, J&K State*  
*Jenab Abdul Rahim Rather, Hon'ble Minister for Finance & Ladakh Affairs*  
*Jenab Qamar Ali Akhson, Hon'ble Minister for Consumer Affairs & PD and Transport*  
*Jenab Nawang Rigzin Jora, Hon'ble Minister for Tourism & Culture*  
*Jenab Rigzin Spalbar, CEC, LAHDC, Leh*  
*Prof. Talat Ahmad, Vice-Chancellor University of Kashmir*  
On  
Monday the 18<sup>th</sup> June 2012







